



MEMORANDUM

To: City of Menasha Common Council

From: Nancy McKenney, RDH, MS, Public Health Director

Date: January 18, 2016

RE: Winnebago County Grants: Senior Center and 60 Plus Health and Wellness

The purpose of this Memorandum is to notify the Common Council that the City of Menasha has received, signed and will spend (in accordance with the 2016 budget), two grants from Winnebago County.

Grant: Menasha Senior Center

Project Period: January 1, 2016-December 31, 2016

Amount: \$25,741.00

Purpose: Through a collaborative agreement with the City of Menasha, the Neenah Menasha YMCA operates the Senior Center. This grant funds, in-part, the Administrative Coordinator and Activity Coordinator. The Menasha Senior Center warmly welcomes those age 55 and over to participate in social, educational, and recreational opportunities. Individuals may receive or be directed to counseling services and information on available health, housing financial and other personal services. In 2015 there were 17,259 visits to the Menasha Senior Center.

Grant: 60 Plus Health and Wellness Grant

Project Period: January 1, 2016-December 31, 2016

Amount: \$23,551.00

Purpose: The Public Health Nurse funded by the 60 Plus Health and Wellness Program, in cooperation with the Senior Center:

- Maintains regular wellness room hours at the Senior Center
- Coordinates with medical systems to offer health and wellness clinics
- Coordinates with dermatologists to offer mini assessments for skin cancer
- Offers monthly foot clinics (foot exam, foot care, and education)
- Coordinates with a certified massage therapist to offer chair massages at the Senior Center
- Coordinates with a UW Extension nutritionist to offer Healthy Days Walking Club a 12 week program to promote health eating and exercise
- Coordinates Memory Café events